

# HEART TO HEART CARDS

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## Description

Heart to Heart is a communication activity designed to make it easier for a family member, a caregiver, or a health provider to understand what a loved one wants done when life is ending. However, it is also used with perfectly healthy people who want family members to know what they would like when their lives are threatened by injury or disease.



Heart to Heart consists of choosing and discussing cards on which individual end of life issues are presented. Each Heart to Heart deck contains 52 content cards and two “Special Wish” cards. Each content card addresses a separate end of life issue. These issues are divided into four categories: Hearts for spiritual concerns, diamonds for financial concerns, clubs for social concerns, and spades for physical concerns. The two Special Wish cards provide an opportunity to address concerns not included in the content cards.

Quite aside from the Heart to Heart communication activity, the cards can also be used to play poker and various rummy games that can be played with a poker deck. Playing games with the Heart to Heart cards after the communication process has taken place provides another opportunity for reflecting upon and perhaps adding further clarification to issues raised during the Heart to Heart communication activity. Playing card games with the Heart to Heart cards before the communication process can arouse curiosity about and serve as an incentive to participate in the Heart to Heart activity.

The 4-deck pack contains decks of four different colors, so players can easily identify their own cards. Each deck contains instructions in both Chinese and English, so they can be used independently.

## To Order

To order Heart to Heart cards, visit <http://caccc-usa.org/>.

## How to Play

### *Heart to Heart: Predicting (Requires at least two decks)*

Heart to Heart Predicting is played by a “focus person” (the person whose preferences are being examined) and at least one other person who may be a family member, friend, caregiver or health provider – even a stranger. Additional decks are required if more than two persons participate.

1. The focus person chooses 12 cards from his/her deck that are the most important to him/her, three hearts, three spades, three diamonds, and three clubs and sets the rest of the deck aside.
2. The family member, etc., chooses from his/her deck 3 cards from each suit that he or she believes the focus person would select and sets the rest of the deck aside.
3. The focus person then reveals all 12 cards he/she has selected.
4. The family member, etc., then checks to see how many of his/her cards match the cards chosen by the focus person. If there is a match, the family member, etc., puts that card aside, but holds those that do not match for later discussion.
5. The focus person then explains why each card he/she chose is important and they discuss the issues.
6. The family member, etc., then reveals, one at a time, the cards that were not matches, the cards he/she thought the focus person would choose but did not, and explains why he/she thought the focus person would choose them.
7. For each card that did not match, the focus person explains why he/she did not choose that card, and they discuss the issues.
8. After the cards have been discussed, the focus person looks at the 12 cards originally selected and the cards chosen by the family member, etc., that the focus person did not select, and then selects his/her final preferences, using both the original 12 and the cards that did not match.

### *Heart to Heart: Solitaire (Requires one deck)*

1. The focus person takes one Heart to Heart deck, looks over the cards, and chooses 3 cards from each suit that are the most important to him/her and puts the rest of the deck aside. If a focus person is weak or there isn't much time, the focus person can choose cards from one suit only, for example Hearts, to discuss the focus person's spiritual preferences.
2. The focus person records his/her preferences on the Summary Sheet.

3. Later, when the occasion arises, the focus person discusses his/her preferences with a family member, etc., using the Summary Sheet as a reminder.

### *Heart to Heart: Sharing (Requires two decks)*

1. Two people choose 12 cards from his/her own deck that are the most important to him/her, 3 from each suit. Then they set the remaining cards in the decks aside. The task here is not to choose what you think the other person wants. Each person chooses what is important to him or her.
2. They count how many cards are matches and how many are not to see how compatible their preferences are.
3. Then they take turns discussing their cards, one at a time, and explain why the choices on each card are important. They discuss how their choices are similar or different, and what did or did not surprise them. They may end up revising their choices after the discussion.
4. Each person then records his/her preferences on the Summary Sheet for later sharing with others.

### *Heart to Heart Café (One deck for each group member)*

Heart to Heart Café is an advance care planning group activity consisting of a facilitator and a number of participants, who may or may not know each other. The group uses CACCC's Heart to Heart cards to facilitate discussion of end-of-life issues.

1. Each member of the group chooses 12 cards from his/her deck that are the most important to him/her, three hearts, three spades, three diamonds, and three clubs and sets the rest of the deck aside.
2. The facilitator then asks each participant to choose one card from the 12 that is the most important to him/her.
3. The facilitator begins the discussion by asking one of the participants why that card is the most important. Others who chose the same card are encouraged to add their explanations. As the discussion progresses, the facilitator explains the meaning and implication of the issue raised on that card when necessary.
4. This process is repeated until all 12 cards chosen by each participant have been discussed, or there is no more time remaining.
5. After the discussion has concluded, each group member "revises" his/her choices, if necessary, and records them on the Heart to Heart Summary Sheet.
6. Using the Summary Sheet and resource materials provided by the facilitator, participants then complete their Advance Health Care Directive or take it home for completion.

7. The facilitator reminds participants to share their preferences with those who may be responsible for carrying out the participant's preferences. Participants are also encouraged to use their own Heart to Heart deck to foster discussion of issues involved in advance care planning among family members, friends, etc.

***Heart to Heart: Discovering (Requires two decks: One for the focus person and one draw deck)***

Heart to Heart Discovering is played by a focus person and two or more family members, friends, caregivers or health providers – even strangers (also used in conjunction with completing an Advance Health Care Directive or the POLST form).

1. The focus person chooses 12 cards from his/her deck that are the most important to him/her, three hearts, three spades, three diamonds, and three clubs, without revealing what these cards are, and sets the rest of the deck aside.
2. The "Draw Deck" is then placed face down on a stable surface. (All participants comment on the draw deck cards; they do not have decks of their own.)
3. One of the family members, etc., draws a card from the draw deck, reads the card, and asks, "Is this one of your cards?"
4. The focus person answers and explains why he/she did or did not choose that card. The other participants then discuss the issues with focus person.
5. If the focus person did not choose a card, but after discussion the focus person thinks it is important, the card is placed in a "possible" pile. This is repeated as they go through the deck.
6. After all the cards in the draw deck have been discussed, the focus person looks at the 12 cards originally chosen and the cards in the "possible" pile and chooses his or her final preferences. More than 12 may be selected. They are then recorded on the Heart to Heart Summary Sheet.

***Heart to Heart Summary Sheet (Used for all versions of Heart to Heart)***

Summary Sheets can be downloaded free (at [www.caccc-usa.org](http://www.caccc-usa.org)) to record a person's final preferences. These Summary Sheets can then be given to family members, etc., so everyone will remember what the focus person wanted. Tasks that need to be completed to satisfy these preferences are recorded in the "To Do" column of the Summary Sheet and checked off when completed.